

Reveille begins

Iceman Team members will begin hearing Reveille every morning at 7 a.m., Retreat every evening at 4:30 p.m. and Taps every night at 10 p.m. beginning Monday. Remember to pay proper respect to the Flag.

Springing into cleanup

A base-wide cleanup takes place today. Iceman community and family members are encouraged to help keep our base beautiful.

Town Hall meeting scheduled

Brig. Gen. Dave Scott, 354th Fighter Wing commander, is hosting a Town Hall meeting 5 p.m. Monday at the base theater. All Iceman community members are encouraged to attend. Issues to be discussed include: Base Realignment and Closure, Quality of Life issues and Red Flag Alaska.

Arctic Sentry

“Unrivalled Combat Capability Today and Tomorrow”

AF notifies force shaping lieutenants

On Wednesday, 2,084 lieutenants in the 2002 and 2003 accession year groups learned if they were selected for retention by the Force Shaping Board. From Eielson, 29 lieutenants were affected by the force shaping. Of the 29 affected, 17 lieutenants were retained.

Each officer at Eielson was notified personally of their status by Col. James Horton, 354th Fighter Wing vice commander. Officers deployed will be notified by either the deployed commander or their home station senior rater.

The Force Shaping Board, led by a two-star board president, was broken down into panels of five consisting of one brigadier general and four

colonels on each panel. Panel members were selected from the career fields of the officers affected.

“The members of this board were charged by the secretary of the Air Force to perform the complex task of right-sizing our junior officer force by specialty,” said Maj. Gen. Glenn Spears, director of force management policy, deputy chief of staff for manpower and personnel, Headquarters U.S. Air Force.

“The board members were acutely aware of the magnitude of their role in serving on the first board thus institutionalizing the FSB process and ensuring the officer corps is balanced and sustainable,” General Spears said.

Officers were evaluated for retention based on information in their central selection record. The record contained evaluation reports, decorations and the Retention Recommendation Form.

Officers not selected for retention will be separated no later than Sept. 29 but are still eligible to apply for the Palace Chase or the Blue to Green programs.

“The Air Force values the selfless service and sacrifice of these officers who volunteered to serve,” General Spears said. “We wish them all the best in their future endeavors. It is our hope they will choose to continue their service to our great nation.”

Assistance fund tops 126 percent

by Airman 1st Class Justin Weaver
354th Fighter Wing Public Affairs

The donation slips are in and Iceman Team members have exceeded their goal by 26 percent for the Air Force Assistance Fund “Commitment to Caring” campaign.

“Airman have broken the \$7 million mark for the AFAF campaign, fast approaching the goal of \$7.3 million last year’s numbers,” said Capt. Matthew Glynn, AFAF project officer.

“Eielson raised a total of \$47,572, a whopping 126 percent of our goal of \$37,848. I would like to express my gratitude for all the unit representatives that helped make this endeavor a success, especially Master Sgt. Donald Fenton who was the focal point for Eielson’s campaign,” he said.

Now in its 33rd year, 100 percent of designated AFAF contributions will benefit active-duty, Reserve, Guard, retired Air Force people, surviving spouses and families. Last year, Airmen exceeded the campaign goal by contributing more than \$7.3 million.

The AFAF charities – the Air Force Aid Society, Air Force Enlisted Village Indigent Widows’ Fund, Air Force Village Indigent Widows’ Fund and the General and Mrs. Curtis E. LeMay Foundation - provided immediate financial and housing assistance to our active duty, Reserve, Air National Guard and retired Air Force members. This was in addition to their normal ongoing assistance with the hardships of deployments, accidents, illness, aging and death.”

Contributions to the AFAF are tax deductible. For more information, visit <http://afassistancefund.org> or the Air Force Personnel Center’s Voting and Fundraising Web site at <http://www.afpc.randolph.af.mil/votefund>. paign is officially over, donations will still be accepted. Call Capt. Glynn at 377-6608, or e-mail him at matthew.glynn@eielson.af.mil.

More Asian-Pacific members Serve in DOD

by Rudi Williams
American Forces Press Service

HONOLULU – While the Defense Department doesn’t have as many Asian-Pacific Americans in some grades of its civilian work force as officials would like, their numbers in military service are strong, a defense operations research analyst said here May 8.

Robin Woo, of the Defense Manpower Data Center, presented a 10-year overview of DOD’s Asian-Pacific American demographic profiles during the department’s Asian-Pacific American Heritage Month observance.

Mr. Woo said U.S. Census Bureau statistics provide the baseline DOD uses to determine whether Asian-Pacific Americans are represented fairly in the department’s military and civilian work force. Over the past 10 years, he said, the number of Asian-Pacific Americans in DOD has grown from 6.7 million to 9.5 million.

In a December 2005 snapshot, Asian-Pacific Americans represented 4.4 percent of the U.S. population. In DOD, they represented 4.7 percent of the active-duty force and 5.9 percent of the civilian work force.

While 35 percent of Asian-Pacific Americans on active duty were of Filipino descent, Filipino-Americans made up only 18 percent of Asian-Pacific Americans in the United States.

Pacific Islanders -- Polynesians, Micronesians, Guamanians, Melanesians and others -- also have strong representation in the military. They made up 6.7 percent of Asian-Pacific Americans in the United States and 11.8 percent of Asian-Pacific Americans on active duty.

East Asians -- Chinese, Japanese and Korean -- make up 40.1

See **APA** Page 2



Photos by Airman Jonathan Snyder

Top, Tech. Sgt. Arthur Potter, 354th Maintenance Squadron, double checks a list to ensure he has all his chemical gear at a check station at the Ice Bridge Wednesday. Above, Staff Sgt. Amanda Velasquez, 354th Logistics Readiness Squadron, logs the time and date she checked M9 paper for contamination on Wednesday during a Phase II Operational Readiness Exercise.

Safety gear crucial for motorcyclist

Compiled from staff reports
354th Fighter Wing Safety Office

The time has finally arrived and the weather is just right for motorcycle operators to experience the freedom of the great Alaskan highways.

But with this freedom comes the responsibility to ensure ones own safety as well as the safety of others on the road.

“As an active duty military member you are required by Air Force Instructions to wear certain safety gear while riding,” said Staff Sgt. Richard Caudill, 354th Fighter Wing Safety Office.

“Alaska state law does not require riders to wear a helmet, but as a military member you are directed to do so by AFI 91-207.”

He said along with a helmet, AFI 91-207 also requires that the rider wear long pants, a long shirt or jacket, full fingered gloves, over the ankle leather boots and a safety vest that has a minimum of 138 square inches of reflective material must be worn at all times.

The AFI also directs that the helmet has a face shield or that the rider wears impact resistant goggles or glasses to keep mosquitoes and other debris out of your eyes.

“This gear will protect you from

the environment as you ride and the reflective vest allows you to be more visible to motorists, especially during times of reduced visibility,” Sergeant Caudill said.

“This safety gear will help protect you in the unfortunate event that a mishap should occur. The helmet protects your head from the violent impact with the road and the rest of the gear offers a level of protection from road rash,” he said.

Wearing appropriate safety gear can ensure a military members’ veteran’s benefits are protected in the event of serious injury, he added. Any time there is a likelihood of permanent disability, AFI 36-2910

requires a line of duty determination.

Finding that an Airman was not acting in the line of duty can impact their disability retirement, severance pay, survivor benefit plan and other veteran’s benefits.

Failure to wear required safety gear is one factor that will be considered in determining whether an accident occurred in the Line of Duty.

“Wearing the proper protective gear is not only required for active duty members, it is just good common sense – protect your body and your benefits,” Sergeant Caudill said.

ICEMEN DEPLOYED



Iraqi Freedom: 89
Enduring Freedom: 421
Other: 35
Total = 545
As of May 4

WEEKEND WEATHER

Today

High 58, Low 38
Chance of Rain



Sunrise: 4:40 a.m.
Sunset: 10:57 p.m.
Daylight: 18 hrs. 17 mins.

Saturday

High 60, Low 40
Chance of Rain



Sunrise: 4:37 a.m.
Sunset: 11:01 p.m.
Daylight: 18 hrs. 25 mins.

Sunday

High 65, Low 45
Chance of Rain



Sunrise: 4:33 a.m.
Sunset: 11:04 p.m.
Daylight: 18 hrs. 31 mins.

Phase II from Page 1

Ice Bridge for the first time,” said Maj. Hoffman. “Overall, everyone involved in the exercise had a great attitude about what they were doing. Transportation played an integral part in getting the Airmen from point A to point B without a long wait time. People maintained their mission focus and overall this exercise was very effective,” she said.

Once people processed through the Ice Bridge it was quick to work for everyone from the flight line to the wing operations center.

About 1,000 Iceman maintainers worked around the clock, preparing the wing’s F-16s for flying operations.

The 354th Maintenance Group was responsible for the overall health of the fleet of F-16s, along with all support equipment and personnel.

Maintainers weren’t the only

ones pulling all-nighters as Iceman civil engineers pulled their weight as well. Civil engineers performed their Prime Base Engineer Emergency Forces mission, maintaining facilities, providing fire response, explosive ordinance disposal and emergency services. Days prior to the exercise Civil Engineer Squadron troops ensured equipment such as heavy machinery, tractors and dump trucks were ready for “war.” While Icemen worked to improve their war fighting ability they stayed positive.

“This exercise was very informative for me,” said Airman Basic Daniel Coomer, 354th Fighter Wing chaplain’s assistant. “As a new Airman who has never been through an exercise like this, I learned a lot about how we operate in a war-time environment.”

APA from Page 1

40.1 percent of Asian-Pacific Americans in the U.S. population.

The number of Asian-Pacific American women on active duty has doubled from 5,200 in 1995 to more than 10,500, Mr. Woo said, and the male Asian-Pacific American component of the active duty force saw a 40-percent increase in the same period. Overall, he said, the number of Asian-Pacific Americans on active duty grew by 47.5 percent over the last 10 years.

“This is at the same time that the military overall has shrunk by 9.5 percent,” Mr. Woo said. Though DOD enlisted strength fell by 130,000 over that period, the enlisted ranks included 16,700 more Asian-Pacific Americans in 2005 than in 1995. While Asian-Pacific Americans represented 4.2 percent of military commissioned officers in December 2005, they made up 6.5 percent of health care officers and 2.9 percent of tactical operations officers.

The enlisted ranks also showed greater-than-expected Asian-Pacific American representation in the health care occupations compared to combat arms. But those in enlisted tactical operations specialties rose from 2.1 percent to 3.6 percent between December 1995 and December 2005, Mr. Woo said.

In December 2005, Asian-Pacific Americans were 5.9 percent of the DOD federal civilian work force across all pay scales — 8.2 percent of the professional occupations, 8.2 percent of people in the clerical fields, and 6.4 percent of the department’s blue-collar workers.

Expo comes to town

Connie Storch

Family members pan for gold at last year’s summer expo. This year’s activities include the best burger competition, hunting and fishing seminars and food tasting.

by **Connie Storch**
354th Services Squadron

Icemen looking for fun and exciting ways to spend their free time this summer can get some great ideas at the 2006 Services Summer Expo, which takes place 10 a.m. to 3 p.m. Saturday at the fitness center.

Vendors from all over Alaska will be in attendance, showcasing discount deals on hunting and fishing trips, tours, equipment rentals and much more. Various demonstrations and seminars, including Jiu Jitsu, scuba and Middle-Eastern dance, will also take place throughout the day.

“The expo offers one-stop shopping for myriad ways to enjoy the tourist-type attractions and explore the outdoors,” said Jacqueline Greene, 354th Services Squadron director of marketing. “We’re pleased to have so many returning representatives, like Stan Stephens charters, photo artist Kirsty Knittel, the rafting companies, and our own outdoor recreation and Information, Tickets and Travel office.”

To make the most of your leisure budget, ITT obtains special military discount rates from adventure and tourist attractions

around the state and passes those savings on to customers, she added. Outdoor Recreation offers all kinds of rental equipment, including camping gear and fishing boats.

“By renting, people don’t have to invest a lot of money in their summer activities, and can still fully enjoy the outdoors,” Mrs. Greene said. “Guided tours and instructional classes are also offered by outdoor recreation.”

Among the newcomers to this year’s expo are: the Tom Sawyer Village, hosted by the 354th SVS Family Member Programs Flight, which delivers interactive games, giant bubble-making, a “Best Burger” contest, carnival games, a pitch, hit and run competition, and four inflated bouncy attractions and prizes.

The FMP flight, with the assistance of the Multi-Cultural Diversity Committee, will also lead several of the demonstrations in dance and acrobatics.

Another addition to this year’s expo is the tailgate party, a multi-business display that includes new vehicles from Gene’s Chrysler, Harley Davidson, Salcha Marine and the Boat Shop.

For more information, call 377-3268.

Health care bridge eases transition

by **Mark Jecker**
TriWest Healthcare Alliance

For many National Guard and Reserve service members (the Reserve Component) leaving active duty, TRICARE offers a health care bridge to civilian life.

Reserve Component members and their families may be covered for 180 days of TRICARE health care benefits under the Transitional Assistance Management Program, called TAMP.

TAMP coverage begins on the separation date and provides TRICARE Standard, TRICARE Extra or TRICARE Prime health care coverage.

Each service branch determines eligibility for these transitional benefits. If separating from active duty, contact the nearest service personnel office to verify eligibility

Coverage and location

Those living in TRICARE Prime service areas may choose the Prime option. Enrollments received by the 20th of the month will be effective at the start of the following month. Remember that an initial enrollment may not be retroactive to the service separation date.

To maintain existing TRICARE Prime coverage, complete and submit a new Prime enrollment form before separation. There is no cost for enrollment during this period. The benefit remains the same as for active duty family members with minimal out of pocket costs.

Those living outside Prime service areas may use TRICARE Standard and TRICARE Extra during the TAMP period and are only responsible for co-payments — 20 percent for TRICARE Standard and 15 percent for TRICARE extra.

Details of all three options are provided at www.triwest.com and www.tricare.osd.mil.

= Names 2 Note =**Top Performers**

The Top-3 would like to recognize the following individuals for their commitment to the Ice-man Team this quarter. Their display of professionalism and excellence went above and beyond while supporting the 354th Fighter Wing mission.



Senior Airman Kelli McLean, 354th MXS
Senior Airman Tony Winkler, 354th MXS
Senior Airman Marcel Milanes, 354th LRS
Senior Airman Keegan Chetty, 354th LRS
Airman 1st Class Andrew Evraets, 354th CS
Senior Airman Ian Bryant, 354th CS
Airman 1st Class Jessica Shealey, 354th MDOS
Airman 1st Class Rachel Knight, 354th CPTS

Outstanding CDC scores:

Senior Airman Gerald N. Maldonado, 354th CES, 91 percent
Airman 1st Class Bethany M Howard, 354th LRS, 2S051, 91 percent

Outstanding Athletes:

Captain Tina A. Baker, 354th SARC, 94.25 percent



Senior Airman Jessica Slay, 354th Civil Engineer Squadron, and husband are the proud parents of a baby boy, Connor Malachi Slay, born at 4:06 p.m. on May 5, weighing 7 pounds 5 ounces.

DEPLOYMENT CORNER

Above, Staff Sgt. Noelle Hohnecker, 732nd Expeditionary Mission Support Group, reenlists at the cross swords in Baghdad, Iraq. Sergeant Hohnecker is deployed from the 354th Logistics Readiness Squadron. Right, Staff Sgt. Matthew Smith, 376th Air Expeditionary Wing, runs in the Bloomsday 12k at Manas Air Base. Sergeant Smith is deployed from the 354th Services Squadron.



Above, Chaplain (Capt.) Michael Newton, 386th Air Expeditionary Wing Chapel Office, talks with aircraft maintainers on the flightline during a recent morale visit. Chaplain Newton makes regular visits to the flightline to pass out beverages to troops who are working in temperatures reaching over 100 degrees.

DWI CLOCK

The Iceman Team goal is
60 days without a DWI.

Days without
a DWI: **19**
Days until
goal: **41**



Need a free ride home from the **North Pole** area or **on base**?

Call: 377-RIDE from 10 p.m. to 4 a.m. Friday and Saturday nights

Need a ride home from **Fairbanks**?

Call: Klondike Cab, at 457-RIDE (7433) for discounted rides back to base.

AADD VOLUNTEERS

Airmen Against Drunk Driving volunteers gave 28 rides last weekend and have ‘saved’ **4,849** lives to date.

Special thanks to last week’s Icemen volunteers for helping keep our Airmen safe.

Master Sgt. Scott Mahar
Master Sgt. Redmond Merrell
Master Sgt. Troy Baird
Senior Master Sgt. Cheryl Gordon-Johnson
Master Sgt. Robert Black
Master Sgt. Kenneth Christensen
Master Sgt. Richard Blahut
Master Sgt. Gregory Goyea
Senior Master Sgt. Thomas Finan
Master Sgt. Jon Davis
Master Sgt. Robert Carpenter
Master Sgt. Derrick Carter
Master Sgt. Donald Murray
Master Sgt. David Brown
Master Sgt. Robert DeHart
Senior Master Sgt. John Schrecengost

EDITORIAL STAFF

Brig. Gen. Dave Scott
Commander, 354th Fighter Wing

Capt. Christopher Anderson
Chief, Public Affairs

2nd Lt. Bryon McGarry
Deputy Chief, Public Affairs

Tech. Sgt. William Farrow
NCOIC, Public Affairs

Airman 1st Class Justin Weaver
Editor

Airman Nora Anton
Staff Writer

Arctic Sentry

Published by *Fairbanks Daily News-Miner* a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 354th Fighter Wing. This weekly commercial enterprise newspaper is an authorized publication for members of the military services. Contents of the *Arctic SENTRY* are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of Defense or *Fairbanks Daily News-Miner* of the products and services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit or merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the public affairs office of Eielson AFB. All photos are official Air Force photos unless otherwise indicated. The deadline for submission of articles for publication in the *Arctic SENTRY* is 4 p.m. Friday, seven days prior to the publication date.

COMMANDER’S CORNER



Commander’s Hotline
377-6100

The Hotline is your opportunity to get your issues and comments directly to me so I can address them.

Before you call the hotline, however, I strongly encourage you to give the unit involved, your first sergeant or commander a shot at resolving the issue. The Iceman Team takes care of its own, but you should give these people the chance to help. Please leave the names and organizations of the people you’ve contacted who have been unable to satisfy your concern, and I will look into the problem.

Your confidentiality will be respected at all times. Thank you!

Brig. Gen. Dave Scott
354th Fighter Wing commander

Newspaper deadlines

ARCTIC SENTRY deadlines are close of business Friday prior to the following Friday’s publication. E-mail submissions to editor@eielson.af.mil.

Story ideas?

THE ARCTIC SENTRY staff seeks to provide its customers with informative stories about the Iceman Team. E-mail story ideas to: editor@eielson.af.mil.

Our mission is clear – Win this war

Are you ready?

by Chief Master Sgt. Gerald Murray
Chief Master Sergeant of the Air Force

As Airmen, we raised our right hand and solemnly swore to support and defend the Constitution of the United States against all enemies, foreign and domestic. Our enemies emerged from the shadows on 9-11 and today, in the Global War on Terror, we are taking the fight directly to them. Our mission is clear – win this war.

We all have a role to play and we must continually evaluate whether we are doing everything we can to support the war and combat operations. If the call comes tomorrow for you to deploy to Baghdad, Kandahar, or wherever our Air Force needs you, are you ready to go? You must be. We are the nation’s warriors!

By now, many of you are familiar with frequent or extended deployments. Thank you for your continued dedication and personal sacrifice. Many thanks to your family as well, for enduring many sacrifices as they await your return. You are the Airmen this nation called for and depends on. For those not ready to deploy at this moment, what deliberate action are you taking to be ready?

For some, it may be time to reevaluate why you are serving in our Air Force. You volunteered and swore an oath; our

nation relies on your readiness and commitment.

Combat operations call for a force with ingenuity and courage ... a force that is trained, equipped and ready to deploy at a moments notice. To achieve this you must maintain your duty and combat skills, health and fitness levels, and take the necessary steps to prepare yourself and loved ones for the road ahead. Your family counts on your plans and preparation for deployments and separation. Finances, housing, legal matters, child-care arrangements, and extended family support needs must all be settled before the deployments orders come down. These are basic responsibilities of being Expeditionary Airmen.

Thousands upon thousands of Airmen have served, fought and sacrificed before us. We owe it to our forefathers who shed their blood so we can enjoy the freedoms we cherish today. More than 2,400 of our comrades have given their lives in this fight against terrorism. We owe it to them to be ready to continue their legacy.

Our first Chief Master Sergeant of the Air Force, Paul Airey, joined the Army Air Corps at the age of 17 to serve our nation during a hellacious time of war, WWII. He left U.S. soil in March, 1944. Soon afterwards, on his 28th combat bombing mission over Germany, his aircraft was shot down; he was captured, and held as a prisoner of war until May, 1945. We owe it to Chief Airey and so many others who endured years of separation and hardships to be ready.

Senior Airmen Jason Cunningham, a pararescueman, answered the call to deploy to Afghanistan in 2002. He continued answering that call even after being mortally wounded while on a rescue mission in support of Operation Anaconda. He was credited with saving 10 fellow comrades before he ultimately lost his life. We owe it to Airman Cunningham and his family, who gave the ultimate sacrifice, to be ready.

As the requirements for more six-month and one-year taskings and deployments continue to rise, more Airmen will be called upon to deploy, and, in many cases, perform duties in different organizations and environments than they’ve known before. These are different times; the War on Terror is a different kind of war; and, it requires Airmen to be adaptive, courageous, and ready to fight. What



“If the call comes tomorrow for you to deploy to Baghdad, Kandahar, or wherever our Air Force needs you, are you ready to go? You must be. We are the nation’s warriors!”

Chief Master Sgt. Gerald Murray
Chief Master Sergeant of the Air Force

has not changed is the fact that we are fighting for fundamental freedoms.

The American public; mothers, fathers, husbands, wives and most importantly, our children, are the beneficiaries of our efforts. I ask you to never forget the people who are counting on us—here at home and in the fledgling democracies abroad. Also never forget those who came before us. They answered our nation’s call to fight for freedom. Now we must carry that torch. We inherited an arduous responsibility, but one we must shoulder with courage and honor. In time to come, others will reflect on our service. How will they judge our courage ... our commitment ... our readiness?

You have to be ready to fight today and tomorrow. Keep your focus on the mission, live by our Core Values, and remember how blessed we are to live in and serve our great nation.

Celebrating our Asian–Pacific Heritage

by 2nd Lt. Rebecca Storie
354th Logistics Readiness Squadron

May is Asian-Pacific American Heritage Month, a time where many communities join together in celebration of Asian and Pacific Islander’s many achievements and contributions to the United States.

There are over 35 countries that represent the Asian/Pacific portion of the world, and an estimated 14 million Asians and nearly one million native Hawaiian/Pacific Islanders living in the United States today.

Asian/Pacific Americans is the fastest-growing ethnic minority group in the United States, making up over five percent of the U.S. population.

The idea of APA Heritage Month began in 1977 and was introduced to the U.S. House of Representatives in 1977 by Frank Horton and Norman Mineta. At the time, the resolution called for the President to establish the first ten days of May as APA week. One month later, the resolution was in-

troduced to the U.S. Senate and in 1978, President Jimmy Carter signed the resolution designating the first ten days of May as an annual celebration.

It was 1990 when President George Bush expanded the celebration, designating the entire month to celebrate APA heritage. Two years later, the 102nd Congress unanimously approved and President Bush signed the resolution into law permanently making May APA month.

The month of May was chosen to recognize Asian/Pacific Americans due to two significant events that took place in May.

First, May was chosen to commemorate the immigration of the first Japanese immigrants to the United States on May 7, 1843.

Secondly, the transcontinental railroad was completed on May 10, 1869, recognizing the efforts of Chinese workers in laying the tracks that joined the east and west coast of the United States.

At Eielson, an APA Heritage Month committee has been established, with their primary focus be-

ing to promote awareness, appreciation and understanding of the APA culture and experience.

In honor of the APAS who have made sacrifices and many contributions for the United States, and in an effort to educate one another, the APA Heritage Month has proudly organized the following activities:

- Saturday: APA Booth at Outdoor Expo
Monday: Read-a-long 9:30 a.m. at Anderson Elementary
Wednesday: 4:30-6 p.m. APA Single Unaccompanied Members Dinner
May 25: 11:30 a.m. to 1 p.m. APA luncheon at the Aurora Club

If you are interested in becoming a part of the APA Heritage Month committee, please contact Master Sgt. Robert Palos at 377-1357 or Airman 1st Class Hunter Lindblad at 377-3214.

Outdoor equipment available for rent

Outdoor recreation, located at Bear Lake on Transmitter Rd., offers equipment rentals on a first come, first served basis 10 a.m. to 6 p.m. Thursdays through Mondays. Listed are the daily and weekly rates for rental equipment:

CAMPING EQUIPMENT

6-person tent \$15, \$75
4-person tent \$12, \$60
2-person tent \$8.50 \$42.50
Truck tent \$6, \$30
Cold sleeping bag \$5, \$25
Warm bleeping bag \$4, \$20
Ground pad \$1, \$5
Folding cot \$1.50 \$7.50
Day Pack \$2.50 \$12.50
Backpack with Frame \$3, \$15
Lantern (propane) \$2.50, \$12.50
Camping Heater \$4, \$20
2-burner stove \$3.50, \$17.50

Backpacking stove \$2.50 \$12.50
Tripod grill stand \$2, \$10
Cook set \$2.50, \$12.50
Water cooler \$2.50, \$12.50
Water filter \$2.50, \$12.50
30 quart ice chest \$5, \$25
68 quart ice chest \$7, \$35
94 quart ice chest \$8, \$40
Camp saw \$1.50, \$7.50
Hatchet \$2.50, \$12.50
Camp chair \$2.50 \$12.50
Solar shower \$3, \$15
Family camping package \$140
(4-person tent, 4 sleeping bags, 2 burner camp stove, and cook set)

COOKERS/GRILLS

22 quart pressure cooker \$4, \$20
Electric smoker \$5, \$25
Cajun cooker \$5, \$25
*Supercooker barbecue grill \$20, \$100

LEISURE & RECREATION

10' x 10' EZ-up-tent \$20, \$100
Folding tables \$5, \$25
Fold/stack chairs (2) \$1.50 \$7.50
Mountain bike \$10, \$50
Single speed bike \$7, \$35
Bike helmet \$1, \$5
Golf clubs \$4, \$20
Golf club hand Cart \$4, \$20
Volleyball set \$6, \$30
Badminton set \$4, \$20
Horseshoe set \$4, \$20
Metal detector \$3, \$15
Paintball kit \$15, \$75
(gun, face mask, 8 oz CO2 tank w/ CO2)
Binoculars \$5, \$25
Gold pan \$2, \$10
Karaoke machine \$25, \$125

CAMPER TRAILERS Daily Weekly

*Casita trailer \$55, \$330
*Pop up trailer \$45, \$270
*Pop out trailer \$60, \$360

UTILITY TRAILERS

*8' x 6' ATV trailer \$15, \$75
*4 plow snowmachine/ATV \$40, \$200
*12' x 6' x 4' Big Tex \$40, \$200
*6' x 10' enclosed trailer \$40, \$200
*4-6 place canoe trailer \$20, \$100
(4-place canoe trailer half-price with rental of 2 or more canoes)

YARD & GARDEN

Rake \$1, \$5
Shovel \$1, \$5
Post hole digger \$1, \$5

FISHING & HUNTING

Open bail rod \$5, \$25
Salmon rod \$5, \$25
Halibut rod \$6.50, \$32.50
Fly rod \$5, \$25
Small rod \$5, \$25
Landing net \$2.50, \$12.50
Dip net \$5, \$25
Hip waders \$5, \$25
Spotting scope \$10, \$50

Big game knife set \$8, \$40

WATERCRAFT

*16'-17' Canoe \$15, \$75
*Canoe with 4 horsepower motor \$24, \$120
*Single person kayak \$15, \$75
*Two person kayak \$20, \$100
*16'-18' Riverboat 20 horsepower jet \$45, \$220
*16'-18' Riverboat 45 horsepower jet \$60, \$300
*16' Lakeboat 8-15 horsepower prop \$40, \$200
*12' Car top boat \$15, \$75
*Car top boat with 4-8 horsepower prop \$35, \$175

BOATING ACCESSORIES

20 Jet engine \$20, \$75
4 horsepower prop \$10, \$50
8 hp Prop \$15, \$75

**Items marked with an asterisk are available by reservation only.*

Military Appreciation

by Capt. Tony Wickman
71 Flying Training Wing Public Affairs

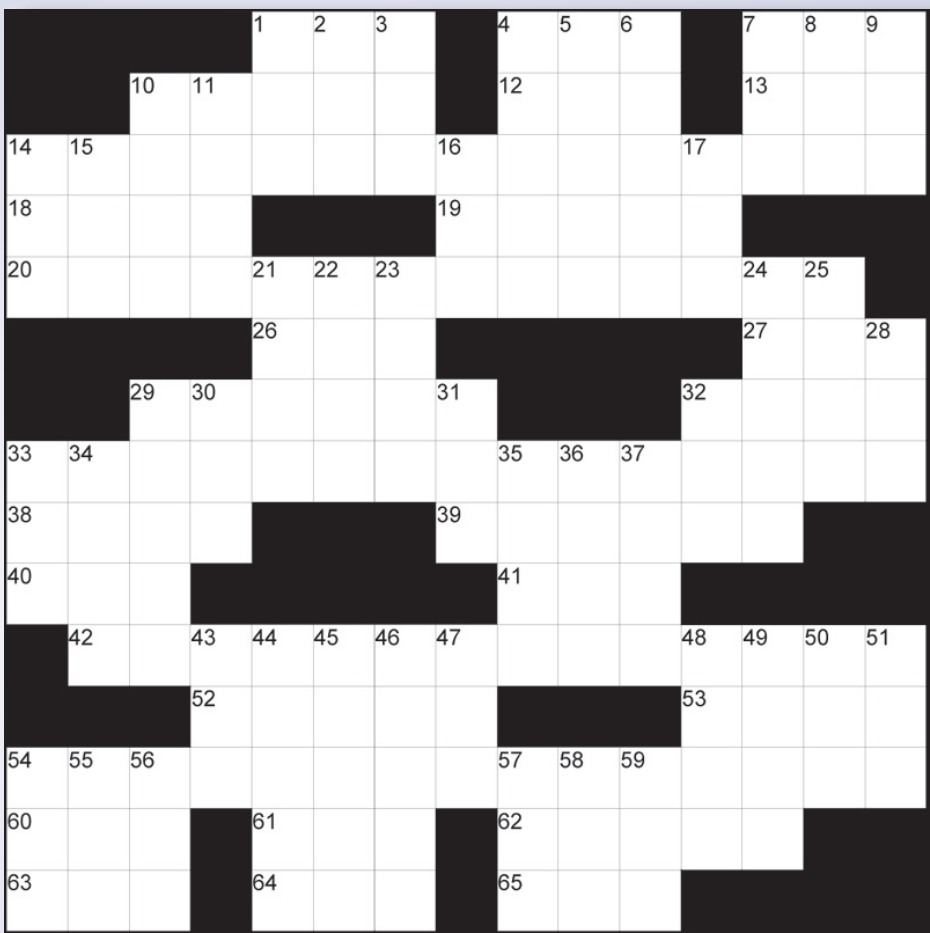
ACROSS

- Ottoman Empire provincial governor
- ___-jongg
- Chinese Communist leader and theorist Zedong
- Proportion
- Air University state, in short
- Sick
- Start of General Douglas MacArthur quote
- Burden of proof
- Fry briefly in high heat
- Part 2 of quote
- Anger
- Mock
- Rocky's wife
- Enthusiastic vigor
- Part 3 of quote
- Set of computer routines in read-only memory for startup
- Bother
- RQ-1 and RQ-4 mission
- ___ Vegas
- Part 4 of quote
- Speak one's mind
- Official literary language of

- Pakistan
- End of quote
 - A Stooge
 - In debt to
 - Singing group member
 - Vegetable
 - Standard time in seventh time zone west of Greenwich
 - Toner

DOWN

- Prohibit
- NY Giant Manning
- Affirmative
- Airport home to Ganci Air Base
- AETC base
- Caribbean island
- USAF website ending
- Pub order
- Ancient
- Profanity
- Money
- ___ Another Teen Movie
- Lennon's bride
- Compass point 112°30 east of due north
- Perfect score
- Ireland, formerly
- Cheese type
- Pb on Periodic Table
- Windstorms



- Health resorts
- USN rank
- Before now
- ER attendants
- Japanese dance-drama
- Golfer Ernie
- Japanese sash
- Cold-blooded aquatic vertebrate
- African country
- Russian river

May 5 Solutions



- Space org.
- Strike
- Erasable and programmable read-only memory
- Watches
- Object within another
- Mild exclamation of surprise
- Gen. Anthony McAuliffe response to surrender at Bastogne
- Instrumental music combo
- Wedding words
- Convent denizen
- Urchin
- Shoe part
- Ocean part
- Baseball stat
- Covered or enclosed truck or wagon
- Inquire

HIP-HOP NIGHT AT THE YUKON CLUB

9 pm to 2 am

Friday, May 19th

The only club within 100 miles that's open to 18 and up

NO COVER!!

BASE 24/7

Midnight Drawing

Prizes and other giveaways

Eielson AFB

SERVICES

Combat Support & Community Service



Airman Christopher Griffin

Newest Iceman honored

Brig. Gen. Dave Scott, 354th Fighter Wing commander, recognizes Steve Lundgren for his dedication to the Iceman team. Steve Lundgren was named Eielson's 2006 Honorary Iceman at the quarterly awards luncheon on April 28.



Sarah Nolin

You can do it!

Abigail Hansen, daughter of Suzanne and Lt. Col. Ralph Hansen, 355th Fighter Squadron director of operations, learns how to use a stationary bike at the fitness center with the guidance of youth staff member Tracy Wilson. Abigail attends the Pro-Fit classes which are designed to teach youth about circuit training, nutritional guidance and how to use cardio equipment.

COMMUNITY BRIEFS

New Commissary, BX hours

Beginning June 3, the commissary will open 10 a.m. to 6 p.m. Saturdays and Sundays. The BX will open 10 a.m. to 7 p.m. Sundays. All other hours will remain the same.

Vietnam POW to speak

Barry Bridger, former Vietnam prisoner of war, will speak on his experiences from noon to 1 p.m. May 19 at the base theater. Call 377-1411.

Workers needed

United Way's 9th Annual Day of Caring will take place May 19. Units may volunteer to help various non-profit agencies with special projects to include painting rooms, planting shrubs, or performing needed building maintenance by calling Jack Daly at 452-7211 ext. 23.

Assessment survey

The 2006 Community Assessment Survey is underway and is designed to assess the current state of the Air Force community by measuring community satisfaction, personnel preparedness, family adaptation, health and well-being, spiritual well-being, economic well-being and safety. All dependent spouses

may take the survey online. Individuals will receive an access code to complete the survey. Go to www.spouseAFCAsurvey.com.

HAWC walking challenge

The health and wellness center is sponsoring "Walking Out of Winter and Steppin' Into Spring" on May 20. Prizes will be given to top walkers. To register call 377-6662.

Spouse tuition assistance

Spouse tuition assistance applications for summer sessions in colleges or certification programs are due May 19. For an application, stop by the base education office located in bldg. 2623.

Volunteers needed

A Vietnam Memorial replica will be on display May 24-30 at Veterans Memorial Park. Two hundred and eighty volunteers are needed to read the names of those listed on the memorial. Call 474-8360, 460-1484 or E-mail fsml12@uaf.edu.

Holiday light removal

All exterior holiday lights must be removed no later

than Monday. Housing inspectors will conduct inspections at that time to ensure residents have accomplished this requirement.

EOSC club social

The Eielson Officer's Spouses Club is holding a member appreciation and mini bazaar 6:30 p.m. Thursday at the Aurora Club. People interested in filling Eielson Officers' Spouses' Club governing board positions should call 372-2123.

Case-lot sale

The Eielson Commissary parking lot will have a case-lot sale 10 a.m. to 5 p.m. today and Saturday.

Veterenarian clinic

The Veterenarian clinic is scheduled to be open 9:30 to 11:30 a.m. and 1 to 4 p.m. May 22 at building 2610. Appointments include: shots, health certificates, microchips and mosquito repellent. For more information, call 377-1176.

Angel Award Celebration

A Volunteer Appreciation Angel Award celebration takes place 2 to 4 p.m. May 19 at the natural resource pavilion.



Monday

An Arbor Day spruce tree planting ceremony takes place 10:30 a.m. at Anderson Elementary School; a birch tree planting ceremony at 1:15 p.m. North Pole Skate Park; and a survivors of domestic violence remembrance tree ceremony at 3 p.m. at the family support building.

Arbor day was created in 1872 to ensure "a better understanding of nature and the importance of protecting wildlife, planting and cultivating flowers, and setting and protecting trees." -www.arborday.org

SERVICES SUMMER EXPO



**SATURDAY,
10 A.M. TO 3 P.M.
AT THE FITNESS CENTER**



SCHEDULE OF EVENTS

Pre-Expo Fun Walk run

8 a.m. Registration
9 a.m. Adult 1.5 Mile Expo Run
9:05 a.m. America's Kids Run
10:30 a.m. Four-legged Pet & People Run
Location: the street in-front of the Fitness Center

Hunting and Fishing Seminars with Chris Batin

10 to 10:30 a.m. Unlocking the Secrets to Successfully Fishing Fairbanks-Lakes and Rivers
10:30 a.m. to 12:30 p.m. Underwater Secrets of Catching Trophy Halibut, Bottomfish and Saltwater Salmon
12:30 to 1:30 p.m. How and Where to Catch Alaska Trophy Sportfish
2 to 5 p.m. Successful Moose and Caribou Hunting
Successful Sheep, Mountain Goat, and Blacktail Deer Hunting
Spring and Fall Trophy Brown and Black Bear Hunting Techniques
Location: Racquetball Court 3 inside Baker Field House, adjacent to gym

Food tasting

11 a.m. to 1 p.m. Food samples in celebration of Asian Pacific Islander Month
Location: Inside fitness center

Demonstrations

Location: Center floor area inside the Fitness Center
10:30 to 11 a.m. – Middle-Eastern Dancers
11:00 to 11:30 a.m. – Polynesian Dancers
11:30 a.m. to 12 p.m. Fitness Center – Jujitsu
12 to 12:30 p.m. Fitness Center – Aerobics

Youth Programs

12:30 to 1 p.m. TaeKwan-do
1 to 1:30 p.m. PROFit
1:30 to 2 p.m. Acrobatics

Best Burger Competition

12 to 2 p.m. Grilling and judging
Location: Tom Sawyer Village; behind the Fitness Center
Prizes include a \$25 AAFES gift certificates and comedic awards from Services.

Test the Waters

10 a.m. to 3 p.m. Discover Scuba & Kayak Intro Sessions
Location: Pool area inside the Fitness Center

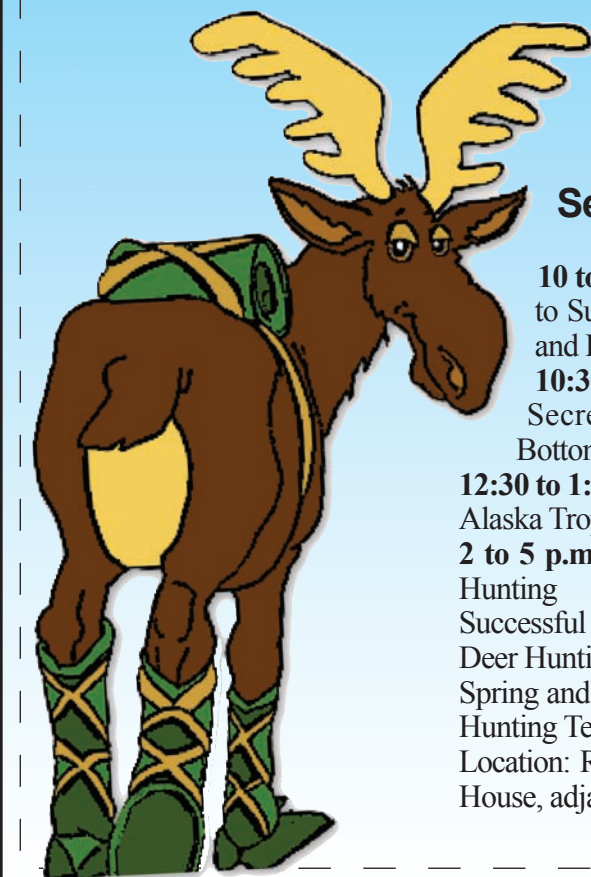
Expo Lemon Lot

One day only lemon lot in the two rows parallel to the base library. Post contact information on vehicles. Vehicles should be parked by 10 a.m. Saturday. Call Rick Bertz at 377-3193.

Prizes and event enhancement provided in part by Gene's Chrysler, AAFES, USAA, Play It Again Sports, Pet Stuff of Fairbanks, Chena Hot Springs and Alaska Feed Company.

Information subject to change. For updates, call the 354th Services Marketing Dept., 377-3268.

No federal endorsement of sponsors intended.



Community center

The community center houses a playland, family exercise room, game room, television lounge, and more. The center also offers various programs and special events for the entire family. Party rooms are also available. A photography club meets 6 p.m. Thursday nights at the community center. No reservations are needed. For more information 377-2642.

Triathalon

The Armed Forces Day free triathlon is slated for 7:45 a.m. May 20 at the fitness center. Swim, bike and run as a soloist or form a three-person relay team with family, friends or coworkers. For more information call 377-1925.

Golf

Intramural golf begins in June. Contact a unit sports representative or visit the fitness center for details. For more information call 377-1925.

SERVICES PROGRAMS

Editor's Note: For a list of other classes and programs, call 377-3268 or surf to www.eielsonservices.com. RSVP for classes. Outdoor recreation rents ski equipment, Ice fishing equipment and various other outdoor equipment. Call 377-1232.

Programs

Texas Hold ‘em tournaments: 6-8 p.m. Tuesdays at the Yukon Club. Call 377-1075.
Deployed bowling for family members: 5-7 p.m. Fridays at Arctic Nite Lanes. Call 377-1129.
Trap shoot: 5-9 p.m. Tuesdays at the skeet and trap range. Instruction, ammunition and loaner guns are available. Call 377-5338.
FitFactor weekly events: 2:30 p.m. Fridays at the youth center.
Thrifty Tuesdays: \$1 specials on bowling and food, 5-8 p.m. at Arctic Nite Lanes.
Skeet league: Log 50 targets per week. Any adult, active-duty member, family member, civilian or retiree may join the league. Call 377-5338.
Chess club: 5:30 p.m. Thursdays at the community center. Call 377-2642.
Spades tournament: 8 p.m. Fridays at the Yukon Club.
Bowling instruction: Available at Arctic Nite Lanes. Call 377-1129.



Today

❖A free kids night out for students in kindergarten-sixth grade younger than age 13 is 6:30-11 p.m. at the youth center. For more information call 377-3194.

❖Outdoor recreation equipment check-out offers rental items for outdoor activities on a first-come, first-served basis. Call 377-1232.

Saturday

❖A free services Summer Expo takes place 10 a.m. to 3 p.m. at the fitness center and has interactive displays and information about gold-panning and other Alaskan adventures. Call 377-3268.

Sunday

❖A Mother’s Day brunch takes place from 9 a.m. to 1 p.m. at the Aurora Conference Center. There will be a spa package giveaway. Adults pay \$19.75; children ages six to 12 pay \$10.75; children ages five and younger are free.

Monday

❖A non-appropriated funds sale is 9 a.m. to 3 p.m. through Tuesday in building 2731. For more information call 377-2863.

Tuesday

❖School age program summer camp registration is 6:30 a.m. to 6 p.m. at the school-age facility next to the commissary. For more

information, call 377-5437.

Wednesday

❖Learn to shoot skeet, trap and five stand. Cost is \$15 and includes gun use, ammunition and a round of targets. Sign up in advance at outdoor recreation. For more information call 377-1232. No reservations are needed.

Thursday

❖Pasta Night is 5-8 p.m. at the Yukon Club. Choose from a variety of sauces, vegetables, meats and pastas. Regular price is \$13.95, club members pay \$11.95. Call 377-2228.



All movies show at 7 p.m. at the base theater unless otherwise noted.

Tonight: ATL

ATL tells the story of four teens coming of age in a working class Atlanta neighborhood where hip-hop music and roller skating rule. As the group prepares for life after high school, challenges on and off the rink bring about turning points in each of their lives. Rated PG-13 (drug content, language, sexual material, violence) 107 minutes.

Saturday: SLITHER

A small town in America—somewhat quaint and gentle, peopled with friendly folks who mind their own business. But just beneath the surface charm, something unnamed and evil has arrived and is growing. No one seems to notice

as telephone poles become clogged with missing pet flyers, or when one of the town’s richest citizens, Grant Grant, begins to act strangely. Rated R (strong horror violence/gore, language) 96 minutes.

Sunday: BASIC INSTINCT 2

After relocating from San Francisco to London, best-selling crime novelist Catherine Trammell once again finds herself on the wrong side of the law. Dr. Michael Glass, a respected London criminal psychiatrist, is brought in by Scotland Yard detective Roy Washburn to perform a psychiatrist profile and evaluation of Trammell following the mysterious death of a top sports star. Rated R (strong sexuality, nudity, violence, language, drug content) 114 minutes.

Thursday: ATL



Airman Nora Anton

Paper or plastic?

Ben Eielson Highschool students Kevan Lacey, son of retired Master Sgt. Donald Lacey, and Graelin Garlington, son of Tech. Sgt. Erika Huerta, 354th Fighter Wing chaplain’s aide, bag groceries at the commissary Tuesday afternoon. Baggers are not paid hourly, they work for tips only.

ACCESS EIELSON

Editor’s Note: Access Eielson is the central source for all base helping agencies. All activities take place at the family support center unless otherwise noted. For a list of other classes and programs call 377-2178 or go to www.eielson.af.mil.

Upcoming Events

It’s Your Move, 11 a.m. to 12 p.m. today.
Right Resume, Right Job, 10 to 11 a.m. Tuesday.
Pre-separation Briefing, 2 to 3 p.m. Thursday.
Deployment Finances, 11 a.m. to 12 p.m. Thursday.

Ongoing Programs

Deployment Briefings: Tuesdays and Thursdays, single Airmen at 9 a.m. and 3 p.m. and married Airmen at 9:30 a.m. and 3:30 p.m.
Ready, Set, Grow Playgroup: 10 to 11:30 a.m. Tuesdays at the community center.
Smooth Move: 9 to 11:30 a.m. Wednesdays.
Polar Stroller Rollers: 11 a.m. to 1 p.m. Wednesdays at the youth center gym.
Pet Sitters List: Identifies community members who are available to care for your pets in your home.

“What would you do if you were Wing Commander for the day?”



“I would give everyone the day off.”

**Airman Levi Jungwirth
354th CES**



“I would build a new in-door track.”

Senior Master Sgt. Allen Mullinex, 354th MXS



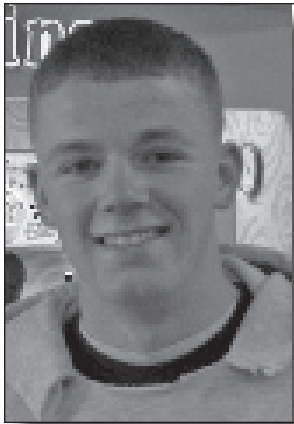
“I would create a pay-by-the-hour daycare at the gym.”

Ruth Welch, wife of Senior Airman James Welch, 354th MXG



“I’d switch the squadrons around so everybody can see what everyone else does.”

Senior Airman Anthony Walker, 18th AMU, 354th AMXS



“I would issue the new Airmen vehicles the first two weeks they’re here.”

Airman Ross Facer, 354th OSS

FTAC teaches new Airmen ropes, basics

by Airman Nora Anton
354th Fighter Wing Public Affairs

Before Eielson's new Airmen set foot on the flight line, dig into their toolboxes and start on-the-job training, they must complete a two-week course specifically designed to calibrate them from a training environment into the operational Air Force.

The First-Term Airmen's Center was founded in 1977 at Offutt AFB, Neb. It was designed to assemble the new Airmen as soon as they arrived to their first duty station to get mandatory briefings and appointments out of the way, as well as perform base details. Though it took some time for other Air Force bases to catch on, most Air Force bases have an FTAC now.

The FTAC is an asset to the Iceman Team because it provides new Airmen with key tools for making the most of their careers here, and in the Air Force.

Tech. Sgt. Travis Baumgardner, First-Term Airman's Center NCOIC, was the 354th Security Forces NCOIC of police services and recalls taking over FTAC responsibilities in December 2004.

"Today's Airmen seem to be very savvy with new technology and thrive on structure, supervision, and mentoring," he said. "These are some of the brightest and most capable Airmen the Air Force has ever recruited."

FTAC instructors are chosen based on their dedication to mentoring, demonstrating core values and serving as a positive role model for the students.

As for the FTAC's curriculum, Airmen complete several computer based training programs, as well as receive more than 50 briefings which include personal financial management, fire safety, military equal opportunity and even get a chance to speak with Brig. Gen. Dave Scott, 354th Fighter Wing commander. The FTAC schedule also allots time for Airmen to finish in-processing in an organized manner.

"Briefers are very knowledgeable in their particular areas as well as Eielson as a whole," said Airman 1st Class Nathaniel Knox, F-16 avionics systems apprentice, 354th Aircraft Maintenance Squadron.

Airman Knox, who has been stationed here since April, presumed all the information presented during the class will be needed at some point or another.

"The most interesting aspect of the class is the networking," he said. "You meet a lot of other Airmen from a dozen or more AFSC's and make great friends that you would otherwise never know."

Physical conditioning is also mandatory for Airmen at FTAC. Three days per week, the class attends physical training at the base fitness center for an hour of cardio and strength training, and an occasional game of volleyball.

"The biggest thing I hope every Airman learns at the FTAC is how important each one is to the Iceman Team and that everyone, to include the lowest ranking Airman, has a part in accomplishing the mission," said Sergeant Baumgardner.



Airman Nora Anton

Tech. Sgt. Travis Baumgardner, 354th Mission Support Squadron, First-term Airman's Center NCOIC, briefs Airmen Monday on the following day's activities at FTAC. FTAC Airmen complete their inprocessing, receive more than 50 briefings and participate in physical conditioning throughout the two-week class.

Five tips to help improve Icemen's run time

by Dana Baugh
354th Medical Operations Squadron

People are often looking for easy and quick ways to improve their run times. Here are five simple things you can do to quicken your pace:

First: Proper shoes are important for a runner; knowing what type of arch your feet have and if you invert or evert while in motion is important. Refer to your physician if you find you have any of these issues. Remember not to walk all day in your running shoes and to lace them up!

Second: Endurance runs are essential to increasing a person's run time. The slow and easy runs a few times per week improve the cardiovascular system. A ten percent increase in time or distance per week is a great progression. Don't go too far too soon because an injury can occur. Five kilometer runs are great for military endurance training.

Third: Pacing is another way to improve your run time. After completing a ten minute dynamic warm up set a pace that is the same speed per mile; half mile or quarter mile. When you even out your speed your time usually gets faster.

Fourth: Practice intervals, sprints and hills, which are excellent to add after you have developed a good endurance base.

Quarter-mile sprints are very helpful, but sprints can be a predetermined distance such as four houses or three light poles. Recovery is normally the same up to double the amount of time. The goal is to increase lactic acid in the blood stream and to recover immediately after the increased speed. This teaches the body to use lactic acid as a fuel-product. It will enable you to run longer without lactic acid over powering your system on your threshold or

faster-pace days. These types of days should be done no more than twice a week with an active rest the day after.

Fifth: Strength training is important for decreasing injuries for runners. Beginning runners often have weak knees and poor low back and lower leg strength. A balanced strength program is important to keep the body strong and enable it to take on harder run days.

For more information on running your squadron physical training, visit the fitness specialists at the fitness center or Health and Wellness Center.

| | | | | | | |
|---|-------------------|-------------------|-------------------|----------------------|-----------------|--|
| <div> <div>New</div> <div>Aerobics</div> <div>schedule</div> </div> | | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| 8:30 a.m. Pilates | 6 a.m. Spin | 8:30 a.m. Pilates | 6 a.m. Spin | 11:30 a.m. Stability | 9:15 a.m. Spin | |
| 6:15 p.m. Step | 8:30 a.m. Aqua | 11:30 a.m. Step | 8:30 a.m. Aqua | Ball | 10:30 a.m. Aqua | |
| 7:30 p.m. Yoga | 5 p.m. Aqua; Step | | 5 p.m. Aqua; Step | | | |